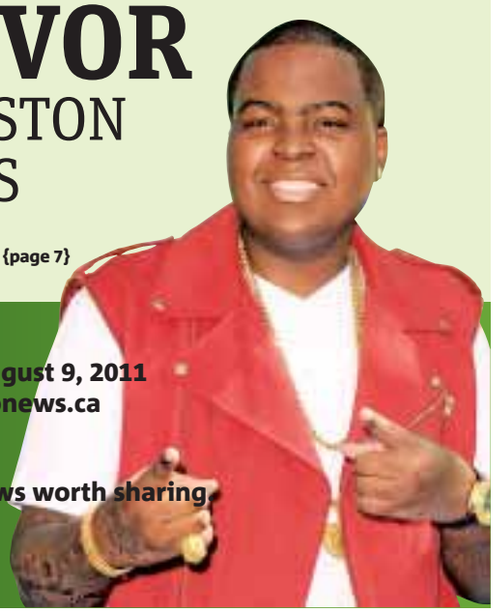
LUNCH RUSH
THE MEALS ARE SWEET AND SAUCY AT LOVEY'S BBQ {page 12}

DESPERATE NO MORE
IT'S THE END OF THE ROAD FOR WISTERIA LANE {page 6}

SURVIVOR
SEAN KINGSTON COUNTS HIS BLESSINGS {page 7}



WINNIPEG
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Tuesday, August 9, 2011
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News worth sharing.

NYSE. Tumbles

▶ A trader reacts as he works on the floor of the New York Stock Exchange before close yesterday in New York. Story, page 4.

JIN LEE/THE ASSOCIATED PRESS

Markets take a nosedive

The Dow Jones industrials closed down 634 points, or 5.5 percent, to 10,809 yesterday. It was the first time the Dow fell below 11,000 since November and its biggest one-day point drop since December 2008.

Violent man to get out of jail, but not quite free

Police, prosecutors believe Jason Peebles a risk to reoffend

Police and justice officials have stepped forward to obtain a rare court order allowing them to keep tabs on a violent criminal when he walks free from prison this week.

For the next two years, Jason Alexander Peebles, 37, will have to live by the terms of a comprehensive peace bond meant to keep his behaviour in check now that he's returning to society.

When he leaves prison tomorrow, Peebles will have served every day of a 29-month prison term for aggravated assault handed to him after viciously stabbing a relative in the arm with a butcher knife following a dust-up at a drinking party.

The victim required stitches, physiotherapy and consultations with a plastic surgeon following the attack.

"Every charge I had was connected with the booze. I don't blame the booze, it was me. I had trouble in interacting with people and communicating. It was always violence."
JASON PEEBLES, QUOTED FROM A CORRECTIONAL SERVICE OF CANADA REPORT

Police arrested Peebles after finding him hiding underneath a tipped-over trunk. Officers used a Taser to bring him under control, documents filed with the provincial court state.

The father of four has multiple convictions for violent offences and breaching court orders dating back to 1994, according to court records.

Peebles has participated in some programming while locked up, the documents state, adding there's some indication he has "learned how to approach things differently and not be violent."

Still, the National Parole Board refused to sanction what was termed a "one shot" plan to release him early in May, despite some family members and those from a religious community speaking out on his behalf.

The board stated it didn't see "sufficient change" to justify letting him go, and that their big concern is that he would get into a dysfunctional romantic relationship and reoffend.

Peebles must obey a nightly curfew, avoid alcohol, bars and pubs and attend counselling as directed by probation officials.

JAMES TURNER

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1 news

From riding transit to public stigma, Canadians discuss the challenges of living with epilepsy. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

It's been a wild ride for markets recently, but investors would be wise not to panic. More at metronews.ca/investing

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Puppy hurt in hit 'n' run

Neighbours are furious after they say a group of children witnessed a person hit a puppy with a vehicle before speeding away.

About 10 children were playing on Furby Street Sunday night when they said a green Jeep zoomed down the street and hit a three-month-old puppy that had escaped its yard. The driver then fled the scene, and no one got a licence-plate number.

The puppy's owner, 13-year-old Ileana Baptiste, spent the night crying after the pup was rushed to Winnipeg Emergency Animal Clinic.

The pup, named Karma, underwent surgery for a broken jaw. A neighbour paid the $250 emergency fee just to see Karma, but it was unknown at press time how much the surgery cost.

Another neighbour, Angela Hyland, is organizing a fundraiser at the University of Winnipeg's community gardens to help pay for Karma's medical bills.

Karma came back home yesterday evening thanks to a third helpful neighbour, who picked up the pooch for Baptiste.

CRYSTAL LADERAS

Two nabbed in stabbing

A 21-year-old man and a 14-year-old girl face charges after a serious stabbing left a 25-year-old man injured Sunday night. Police say he was walking with two others when the suspects approached and allegedly stabbed him.

CRYSTAL LADERAS

Drumming up a whole lotta spirit

Free buses take culture for a ride

ELISHA DACEY
@METRONEWS.CA

People hopping aboard the Downtown Spirit bus this week may find themselves serenaded as they ride through the streets of downtown for free.

All week through to Friday, from 11 a.m. to 3:30 p.m., riders will be greeted with music, candy, trivia for prizes and a chance to win an iPad 2.

Dubbed Spirit Week, the Spirit buses will be decorated and will have a costumed Downtown BIZ staffer on board. As well, Folklorama performers and buskers will entertain passengers. Riders will also have the chance to participate in trivia games to win prizes, and everyone receives coupon sheets for local restaurants.

"The Downtown Spirit free shuttle bus runs on three routes," said the Downtown BIZ in a press release.

"Routes 1 and 2 connect the core of downtown with The Forks, making a loop that passes down Portage Avenue to The Bay Downtown and along Broadway. Spirit route 3 connects the University of Winnipeg with Red River College Princess Street campus and runs every 30 minutes. Spirit 3 will also have trivia and prizes, but no entertainment."

CRYSTAL LADERAS/METRO

▶ Clyde Heerah keeps his balance on the Downtown Spirit bus while playing the steel drums yesterday.

GETTY IMAGES

▶ William Shatner brings his tour to the 'Peg on Oct. 25.

William Shatner beaming in

William Shatner is bringing his unique brand of entertainment to the river city.

The man best known for his television and movie performances as Star Trek's Captain Kirk will be performing at the Centennial Concert Hall on Oct. 25.

Shatner, 80, has also put out numerous albums, although critics disagree whether those albums can be said to contain singing.

The Canadian actor will be performing as part of his How Time Flies tour.

Tickets go on sale on Friday at 11 a.m. through Ticketmaster. Prices start at $79.

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New Tibetan leader sworn in

A Harvard-trained legal scholar was sworn in yesterday as new head of the Tibetan government-in-exile, taking over from the Dalai Lama as the official leader of his people's fight for freedom.

Lobsang Sangay now confronts many challenges, including the fact that he is the first secular figure to lead the deeply religious Tibetan community. He was also born in the eastern Indian town of Darjeeling and has never visited Tibet.

The Dalai Lama, 76, announced in March he would be giving up his political role as leader of the Tibetan exile movement, though he would remain the spiritual leader of Tibetan Buddhists.

THE ASSOCIATED PRESS

ASHWINI BHATIA/THE ASSOCIATED PRESS

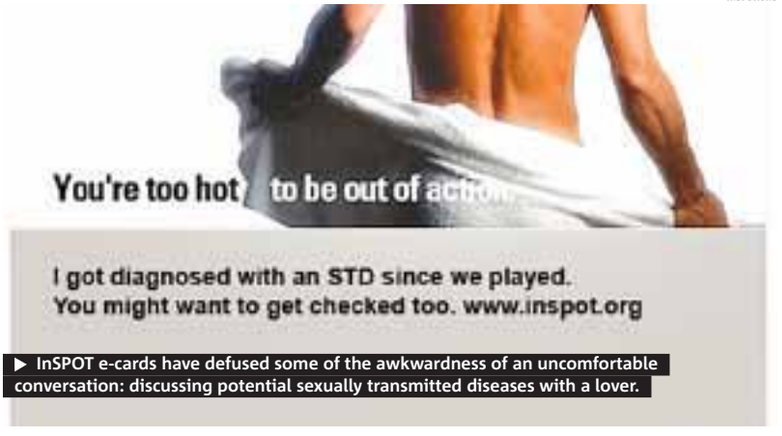
▶ Lobsang Sangay, left, is blessed by the Dalai Lama at the Tsuglagkhang Temple in Dharmsala, India, yesterday.

Hey, you've got crabs

- B.C. adopts e-card service to tell partners they may have an STI
- Anonymous service designed to make notifications easier

MATT KIELTYKA
@METRONEWS.CA

INSPOT.ORG


You're too hot to be out of action
I got diagnosed with an STD since we played.
You might want to get checked too. www.inspot.org

▶ InSPOT e-cards have defused some of the awkwardness of an uncomfortable conversation: discussing potential sexually transmitted diseases with a lover.

Looking for a way to tell that special someone they may have contracted a sexually transmitted infection?

Say it with an e-card.

The B.C. Centre for Disease Control launched inSPOT yesterday, an online notification services for people diagnosed with a STI.

BCCDC's Dr. Mark Gilbert says the e-cards — ranging from serious notifications to humourous messages like "I got screwed while screwing, you might have too" — are designed to make the process of telling a partner they may be at risk less intimidating.

"It's heavy news to give someone no matter how they receive it," he said. "InSPOT can be a convenient and easy way to notify a partner."

Although the service was just launched in B.C., inSPOT has been operating since 2004 in the U.S. and some Canadian cities.

The e-cards also help people connect with local testing sites and clinics and provides access to public health information.

The cards can be sent to up to six partners at a time and can be sent anonymously.

Gilbert stressed the service is just one option available to people.

Physicians still encourage people to tell their partners about possible infections either directly or through a health-care provider.

News in pictures

PHOTOS
1. LEWIS WHYLD/THE ASSOCIATED PRESS
2. MARIO TAMA/GETTY IMAGES
3. MIKE SIMONS/GETTY IMAGES
4. RUNGROJ YONGRIT/THE ASSOCIATED PRESS

1 As British police promised a "momentous operation" to arrest rioters yesterday after a chaotic weekend, violence and looting spread to a third city: Liverpool. THE ASSOCIATED PRESS

2 Czech President Vaclav Klaus lashed out yesterday at 13 ambassadors for their petition in support of a gay pride festival in Prague. THE ASSOCIATED PRESS

3 A cougar that seems unafraid of humans has been spotted near a provincial park around Alice Lake, near Squamish, B.C. THE CANADIAN PRESS

4 Yingluck Shinawatra vowed yesterday to work for national reconciliation as she formally became Thailand's first female prime minister. THE ASSOCIATED PRESS

Five more teenagers accused after laser pointed at helicopter

Five more teens have been charged after Durham regional police say a laser was pointed at the cockpit of a police helicopter.

Police say the pilot was not affected in the incident involving Air1 on July 29.

But another member of the air support unit experienced vision problems.

Curtis Lee, Aaron Mountjoy, Alana Capesky, Dale Branton and Andrew Capesky, all 18-year-olds from Oshawa, face charges that include projecting a bright light at an aircraft and assault with a weapon causing bodily harm.

Police allege the suspects were in the same backyard at the time of the incident.

Robert Roughly, also 18 and from Oshawa, was previously charged in the laser pointing.

THE CANADIAN PRESS

Shine a light

- The suspects all face up to five years in prison.
- Police allege that the six teens passed around the laser pointer while at a backyard party.
- In a separate incident this past spring, a 19-year-old man from Ajax was arrested for shining a laser at the Air1 helicopter.

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Stormy Monday

Markets fall in wake of U.S. credit-rating downgrade

The Toronto stock market tumbled 491.2 points yesterday after the credit-rating downgrade of U.S. government debt served to further dent confidence that global leaders can stem worsening economic conditions.

New York markets fell hard, with the Dow industrials plunging 634.76 points to 10,809.85. Overseas markets also fell sharply, with London's FTSE 100 index down 2.6 per cent, Frankfurt's DAX losing 5.02 per cent and the Paris CAC 40 down 4.68 per cent.

Adding to market uncertainty, Standard & Poor's yesterday downgraded the credit ratings of mortgage lenders Fannie Mae and Freddie Mac, which between them own or guarantee half of U.S. mortgages. The move could mean higher mortgage rates.

"The big question mark now is whether you will see behaviour change (among investors and government leaders)," said Norman Raschkowan, a strategist at Mackenzie Financial. "That is what people are concerned about and why you have growing concerns about a double-dip recession."

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 491.21 (11,670.96)	- 1.25¢ (100.92¢ US)
Oil	**Natural gas** 1,000 cu ft $3.935 US (+ 0.6¢) **Gold contracts** $1,713.20 US (+ $61.40)
- $5.57 US ($81.31 US)	

Instant. Baguettes

▶ Jean-Louis Hecht displays a baguette from his dispenser in Paris yesterday. The machine takes pre-cooked loaves, bakes and ejects them within seconds, all for about one euro.

MICHEL EULER/THE ASSOCIATED PRESS

Did we really knead this?

Oil prices in freefall

Oil plunged to its lowest price of the year yesterday on concerns about the slowing global economy.

Benchmark West Texas Intermediate crude fell $5.57 US, or 6.4 per cent, to settle at $81.31 US a barrel, as traders pulled money out of oil and stocks and bought assets considered to be safer, such as U.S. Treasury bills and gold.

Oil prices were swept down by a major sell-off across Asian stock markets, followed by falling indices in Europe. Analysts think oil will remain volatile this week as traders keep a sharp eye on the economy and future demand. THE ASSOCIATED PRESS

America is AAA-OK, U.S. president insists

President Barack Obama yesterday sought to downplay the lowering of the U.S. credit rating — the first in the nation's history — in an attempt to reassure investors and the public that American leaders need only show more "common sense and compromise" to tame a staggering debt.

Seeking to demonstrate command in a volatile economic climate, Obama said he hoped Friday's decision by Standard & Poor's would at least give Congress a renewed sense of urgency to tackle debt problems. He said that must be done mainly by taking on the politically difficult issues of reforming taxes and entitlement programs.

"Markets will rise and fall. But this is the United States of America. No matter what some agency may say, we've always been and always will be a triple-A country."
U.S. PRESIDENT BARACK OBAMA

Obama said most of the world's investors agree the U.S. remains a wise place to put their money.

Still, stocks sank in trading yesterday as U.S. investors joined a global sell-off after the downgrade. THE ASSOCIATED PRESS

YOU MAY BE THE ONLY ONE LIST-ENING

SHE SAYS ...

JESSICA NAPIER
METRO

You can learn a lot about a person from the way they list.

Most people limit their list making to the practical — for grocery-store items, guest lists, packing checklists and other routine to-dos.

But I like to think that I take listing to a whole new level.

I'm constantly chronicling the things I love, the things I loathe, daily tasks and goals for the future.

Over the years I've compiled hundreds of lists to organize my thoughts, to catalogue my interests and to archive my life.

I make lists everywhere: on the magnetic notepad on my refrigerator, on napkins at restaurants, on my hand and in my head.

Lists are scrawled in the margins of my travel journals; they clutter up the desktop on my MacBook and often appear in this very column.

"They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will."

Sometimes my lists are incredibly organized — numerical, alphabetical, chronological — but most are completely haphazard and almost entirely illegible.

While checklists are certainly the most sensible form of listing, I prefer to make countdowns. The best brunch places in the city, the worst movies of all time, the most romantic places I've ever been, the books I'd bring to a desert island, favourite ice cream flavours and on and on and on.

After watching High Fidelity, I developed a habit of making Top Five lists in every conceivable category. John Cusack's character's obsession with listing everything from his favourite records to his most memorable breakups really spoke to my affinity for categorization.

Even while writing this, I'm finding it difficult to resist the urge to compile a list of reasons why lists are so remarkable.

They bring order to our lives in the present and act as a reference point for the future.

Lists offer tiny glimpses into our daily routines, our best intentions and our biggest regrets.

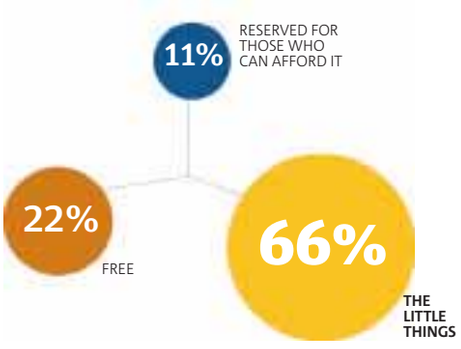
They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will.

Our lists not only remind us to pick up milk; they tell the stories of who we are and who we want to be. They are perfunctory, ambitious, heartbreaking, scathing, hilarious and, more often than not, they are wonderfully self-indulgent.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

The best things in life are:



Local tweets

- **@charbeck:** Amazing how slow Tim Hortons is at all airports. Arrg just want coffee and a sandwich
- **@TBonnar:** Should we hook hime up with a key to the city? RT @accesswinnipeg: William Shatner coming to Winnipeg October 25, 2011
- **@bradwchambers:** Crude oil down 15% over the past 2 weeks. Prices at the pump still at $100/barrel prices. No other explanation but gouging!!
- **@HerbyInThePeg:** If the word #swooty goes global, it started in Winnipeg..#getitright
- **@WillyKdubWilson:** About to hammer back fatboy and fries from Dairy Delight on St Annes Rd in #winnipeg. Stay tuned for review. #asleepwithinthehour
- **@WSchlagel:** Just because counterfeiters are selling fake Winnipeg Jets jerseys, doesn't mean that anyone, repeat anyone, is going to buy one.
- **@theGeezKneez:** Winnipeg's weakest negative: stupid construction! It's EVERYWHERE and really pissing me off. #figureitout
- **@AimlessAndru:** I think it's time we just relocate Batman from Gotham City to Winnipeg and hire police chief commissioner Gordon.

Worth Mentioning

8-YEAR-OLD HACKERS. Few things seem more out of place at the DefCon hacker convention than a swarm of kids.

For 18 years, hackers have gathered at DefCon, one of the largest and longest-running conferences of its kind, to share information about breaching and securing computers.

For the first time, DefCon included discussions and tutorials for budding hackers aged eight to 16 years.

One contest covered lock-picking techniques to be used in the event they forget their locker combination. And the kids were encouraged to find security vulnerabilities in popular technologies, from video games to computer hardware.

The emergence of the DefCon kids' conference comes as hackers make headlines around the world. Though the general public often associates hacking with criminality, the engineering culture of the technology mainstream has always embraced people who explore the boundaries of what can be done with computers and other gadgets.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Egg-cellent discovery on Alaska coast

Scientists have identified an orange-coloured gunk that appeared along the shore of a remote Alaska village as millions of microscopic eggs.

But the mystery is not quite solved. Officials with the U.S. National Oceanic and Atmospheric Administration said yesterday they don't know what species the eggs are or if they are toxic.

They have sent samples to a laboratory on the East Coast for further analysis.

The neon orange goo showed up last week on the surface of the water in Kivalina, an Inupiat Eskimo community located at the tip of a 12.8-kilometre barrier reef on Alaska's northwest coast.

MIDA SWAN/THE ASSOCIATED PRESS

▶The identified eggs

Residents live largely off the land, and many are worried about the effect on the local wildlife and plants from a substance never seen there before.

THE ASSOCIATED PRESS

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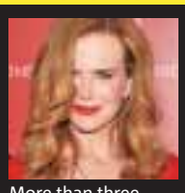
2 scene

Box office



More than three dozen celebrities, including Nicole Kidman and Robin Williams, athlete Carmelo Anthony and Supreme Court Justice Sonia Sotomayor, are set to appear on the new season of Sesame Street. Sesame Street begins its 42nd season on PBS on Sept. 26. PBS said Monday the focus of the preschool educational series will be on science, math and engineering education. That includes age-appropriate experimentation, including designing a launcher to send Hubert the Human Cannonball over a yard and into a bucket of blue gelatin on the season premiere. Other celebrities set to make cameos include Mark Ruffalo, Sofia Vergara and Seth Rogen.
THE ASSOCIATED PRESS

Glee creators are scaring up an American Horror Story about marriage and infidelity.

Word travels fast on Wisteria Lane

Desperate Housewives star Felicity Huffman got news of the show's demise from co-star Marcia Cross ◐ Huffman speculates her character may end the series with a divorce

On Sunday, ABC officially confirmed reports that the upcoming season of Desperate Housewives would be its last.

But series star Felicity Huffman got the bad news on Friday — in an e-mail from her co-star Marcia Cross.

Only after that did she get the call from Housewives creator Marc Cherry.

Huffman, who plays frustrated stay-at-home mom Lynette, said she shed a few tears at her kitchen table while consoled by her husband, actor William H. Macy.

Then, she said, their nine-year-old daughter entered the room and set her straight.

"It's OK, mama. You'll work again," she told Huffman.

Desperate Housewives, a sassy prime-time soap opera with an ensemble cast also including Teri Hatcher and Eva Longoria, made a splash when it premiered in 2004 but has since seen a falloff in the ratings and buzz from viewers.

At an ABC press party Sunday night, Huffman said she was sad that Housewives would be ending after eight seasons.

HANDOUT

ABC has officially confirmed the cancellation of Desperate Housewives.

But she's also exhilarated by potential story lines in the show's home stretch. In her mind, the troubled but so-far-enduring marriage of Lynette and Tom (played by Doug Savant) might be on the rocks.

"I think they could get divorced," Huffman proposed with undisguised relish.

"All bets are off. I think it's so great to bust the lid off."

Asked how she plans to cope with relinquishing the role of Lynette, Huffman quoted an old saying about recovering from a broken relationship.

"The only way to get over somebody is to get under somebody," she chuckled.

"I thought it was coming and I think it's the right thing. But I still feel very sad and discombobulated."
DESPERATE HOUSEWIVES STAR MARCIA CROSS ON THE SHOW'S CANCELLATION

"I just think it takes another job."

Marcia Cross, who plays neurotic super-homemaker Bree, insisted she hadn't meant to break the news to Huffman in that email.

"Felicity is always on top of everything, while I'm usually four steps behind," explained Cross, who said she was alerted by her manager.

"It didn't occur to me that she didn't already know."

"I was really glad to hear it from you," Huffman told her as they commiserated.

"I thought it was coming and I think it's the right thing," Cross said of the show's demise.

"But I still feel very sad and discombobulated."
THE ASSOCIATED PRESS

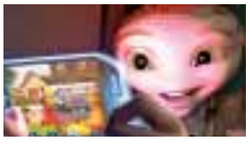
DVD Releases Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ | Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Mars Needs Moms
Genre: Animated
Director: Simon Wells
Stars: Seth Green, Joan Cusack
◍◍

Despite its way-out theme, there's not going much on in Mars Needs Moms.

Director Simon Wells (The Time Machine) had to answer to producer Robert Zemeckis, who weirdly clings to motion-capture animation, despite a general lack of audience enthusiasm for the unearthly feeling it creates.

Joan Cusack is wasted as the kidnapped mom. So is



Seth Green as her 9-year-old son Milo, who travels to Mars to rescue Cusack, having decided she's not a "broccoli bully" after all. Weirdly,

Green's face is on pint-sized Milo, but not his voice. He's been vocally replaced by a real whiny 11-year-old.

The film isn't a disaster. It has a positive message about family bonding that parents will love and kids may like. But all those mistakes and compromises add up. This Mars doesn't need moms; it needs mojo.
PETER HOWELL

Your Highness
Genre: Fantasy
Director: David Gordon Green
Stars: Danny McBride, Natalie Portman, James Franco
◍◍

If you've ever wondered how many bad jokes you could make about a severed minotaur penis, Your Highness provides the answer: it's limitless.

This low medieval farce, about a bong-worshipping younger son (Danny McBride) seeking to prove he's as brave as his bro (James Franco),seems more eager to riff on a certain male appendage.

Your Highness may hit the record books for a dubious achievement: the fastest stumble from Oscar glory into a career cow pie. Having just won Best Actress for Black Swan, Natalie Portman now swan dives into a dung heap, while Best Actor nominee Franco manages to look even more stoned than he did as Oscar host.

Extras include alternate and deleted scenes, a gag reel, a making-of featurette and cast and crew commentary.
PETER HOWELL

Lopez pours her woes into work

Performer keeping busy following split from singer husband Won't have to search far for inspiration with new role in mom-centric movie

ALL PHOTOS GETTY IMAGES

Jennifer Lopez

While her split from Marc Anthony has been "painful," Jennifer Lopez is reportedly feeling good about her decision to end their marriage, according to People magazine.

"She is very relieved to be out of [the marriage], frankly," says a source.

"I don't think she is sitting around crying or wondering if she made the wrong decision."

In fact, far from sitting down, she's off to Atlanta — twins in tow — to film her next project, What to Expect When You're Expecting.

"For her, it's back to business," the source says. "She is all about her career. She's excited to move on." METRO

Jennifer Aniston

Aniston and Theroux act like a Maui-d couple

Jennifer Aniston and her new boyfriend Justin Theroux are living it up in Hawaii leading up to Theroux's 40th birthday tomorrow, according to Us Weekly.

The couple arrived last week and have spent their time shopping, going on lunchtime retreats and attending a party at Ben Stiller and wife Christine Taylor's vacation home.

"When they left the store, Jennifer was massaging Justin's shoulders from behind, and he turned around and said something that made her laugh hysterically," a source says of one of their shopping trips.

"They seemed giddy in love and genuinely happy together." METRO

Quick Dish

He's once, twice, four times a father

BABY BOOM. Ethan Hawke and wife Ryan welcomed a second daughter recently, naming the baby Indiana, according to Us Weekly. They stepped out with the newborn for the first time in New York recently. The couple, who wed in 2008, also have a three-year-old daughter, Clementine, and Ethan has a 13-year-old daughter, Maya, and nine-year-old son, Levon, with ex-wife Uma Thurman. METRO

Mila likes a guy she can giggle with

WHAT A GIRL WANTS. Mila Kunis says what she looks for most in a man is the ability to make her laugh. "Humour is an amazing quality to have," the actress, who dated Macauley Culkin for years and denies rumors about dating Friends with Benefits co-star Justin Timberlake, tells Glamour. "I like sarcasm, satire, self-deprecating humour. But I also think there's something to be said for not looking for anything and being pleasantly surprised." METRO

Celebrity tweets

"Attention: My new birth date is August 14, 1965."
@SteveMartinToGo

"I'm so excited we're getting our own Depression. I always felt jealous of my Granny and all her "Back in the Depression..." stories."
@MarthaPlimpton

"Buy and read a newspaper every day. In print or online, there is information in newspapers you will never get from other media."
@AlecBaldwin

"I would totally dress up like @KatyPerry but I think she looks WAY better in a cupcake bra than I do.."
@therealzooeyd

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Singer bounces back after accident

At the Teen Choice Awards, Singer Sean Kingston walked his first red carpet since a near-fatal jet ski accident in Miami in May, and he says he's learned a lot lying in a hospital bed. "Basically, I learned that in life anything can happen and you have to count your blessings," the 21-year-old Jamaican singer tells People magazine. "You have to be cautious about what you do." " METRO

Sean Kingston

Cole still a little sour, Cowell says

Simon Cowell is opening up about exactly how Cheryl Cole's involvement with the U.S. edition of X Factor fell apart.

"After two cities, I offered her the job, which initially she accepted," Cowell says, according to Radar Online.

"And then unfortunately when it went public, the negotiations fell apart, so I thought she would be more comfortable doing the U.K. show than the American show. For certain reasons, [she] decided not to."

And while the pair have been friends and colleagues for years, the latest episode might have a lasting impact: "She is still grumpy with me," Cowell admits. METRO

3 life

8 glasses a day? No way

Despite what conventional wisdom has told us, one U.K. doctor is saying that there is no evidence drinking water has big health benefits Find out why she argues it is all a myth

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTO

▶ How many glasses of water should you drink every day? Less than you think.

Advice to drink eight glasses of water a day is pure baloney, according to a U.K. physician.

Dr. Margaret McCartney, writing in the British Medical Journal, argues that there is no strong evidence of the benefits of drinking increased amounts of water. Though there may be some situations where people need to drink that much, the idea that we are all at risk for dehydration is a myth promoted by makers of bottled water, she wrote.

McCartney, in this week's BMJ, says there is currently no clear evidence of benefit from drinking increased amounts of water, she says, yet the "we-don't-drink-enough-water" myth has endless advocates, including the NHS.

The NHS Choices website states: "Try to drink about six to eight glasses of water (or other fluids) a day to prevent dehydration," while many schools also feel it appropriate to insist that pupils are accompanied to school by a water bottle.

Other organizations, often with vested interests, reinforce this message, she says. For example, Hydration for Health (created by French food giant Danone — makers of bottled waters including Volvic and Evian) recommends 1.5 to two litres of water daily as "the simplest and healthiest hydration advice you can give." It also claims that "even mild dehydration plays a role in the development of various diseases."

But McCartney argues that there is no high quality published evidence to support these claims.

She points to several studies showing no clear evidence of benefit from drinking increased amounts of water and suggesting there may be unintended harms attached to an enforcement to drink more water.

"It would seem, therefore, that water is not a simple solution to multiple health problems," she writes.

For instance, reports that increased water intake in children can improve concentration and mental performance have not been confirmed by research studies, while data relating water drinking to a reduction in children being overweight are prone to bias.

While there are some conditions that do benefit from drinking increased water, such as in people with recurrent kidney stones, other evidence for preventing disease is conflicting, adds McCartney. In other words, this is a complex situation not easily remedied by telling everyone to drink more.

Untangling the evidence presented by Danone "results in weak and biased selection of evidence," she argues. Danone says we need "informed choices," but their own evidence does not support their call to action.

She concludes: "There are many organisations with vested interests who would like to tell doctors and patients what to do. We should just say no."

Cancer

Health Canada says labels are being changed on finasteride drugs to add safety information on rare reports of breast cancer in men. Finasteride is a prescription drug sold under the brand name Propecia, used for the treatment of male pattern hair loss.

THE CANADIAN PRESS

Law profs attack practice of guest authorship of medical studies, but is it fraud?

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Don’t sweat the weather

Sports OK for kids on hot days
However, caution should trump the will to win: Pediatricians group

FILE PHOTO/THE ASSOCIATED PRESS

▶ Playing sports in hot, steamy weather is safe for healthy children and teen athletes, so long as precautions are taken, a group of experts warned this week.

Playing sports in hot, steamy weather is safe for healthy children and teen athletes, so long as precautions are taken and the drive to win doesn’t trump common sense, North America’s largest pediatricians group says.

New guidelines from the American Academy of Pediatrics arrive just as school sports ramp up in sultry August temperatures.

The advice, released yesterday, comes a week after two Georgia high school football players died following practices in 35-plus degree heat.

Authorities were investigating if the weather contributed.

The guidelines replace a more restrictive policy based on old thinking that kids were more vulnerable to heat stress than adults.

New research shows that’s not true, the academy says.

With adequate training, water intake, time-outs and emergency treatment available on the sidelines, healthy young athletes can play even in high heat and humidity — within reason, the guidelines say.

“The more educated parents, athletes and staff are about risks associated with heat illness, the more likely they will think twice before allowing a competitive culture to overtake sound sensibilities,” said Dr. Cynthia Devore, co-author of the policy and a physician for schools in the Rochester, N.Y. area.

U.S. government data released last week showed that more than 3,000 U.S. children and teens younger than 20 received emergency-room treatment for nonfatal heat illness from sports or exercise between 2001 and 2009.

A few young athletes die annually from heat-related illness.

Dr. Michael Bergeron, a University of South Dakota sports medicine specialist, said the new policy is more detailed and nuanced, recommending that athletes be evaluated individually for play in hot weather.

Still, Bergeron warned that overzealousness can be dangerous even for healthy kids, and even in relatively tame summer weather.

“You can take somebody in 80-degree heat and you can kill them if you work them hard enough,” he said.

The guidelines don't list temperature or humidity cutoffs, but say safety should be the top priority.

THE ASSOCIATED PRESS

Deaths

By the numbers

Statistics Over a 13 year period, 29 high school football players died from heat stroke, data from the American Football Coaches Association and others show. Football is a special concern, because players often begin intense practice during late-summer heat, wearing uniforms and padding that can be stifling. Experts recommend that team’s give kids about two weeks to adapt to preseason sessions, gradually increasing intensity and duration — and that they have have emergency plans with trained personnel and treatment available. Also be sure to closely monitor overweight kids or those who have diabetes.

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U of M grad wins award

Winnipeg-based entrepreneur and University of Manitoba graduate Matthew Hudson, founder of Invenia Technical Computing Corporation, was honoured recently with the National Best Business Award at the ninth annual Canadian Youth Business Foundation (CYBF) Chairman's Awards live judging event.

Hudson received a prize package valued at more than $30,000, which includes $20,000 for business expansion and a paid trip to Nice, France, to join the Canadian delegation at the G20 Young Entrepreneur Summit in October. He will also be featured in a CYBF advertising campaign.

Hudson also received the once-in-a-lifetime opportunity to mingle with the Duke and Duchess of Cambridge (a.k.a. Will and Kate) June 30 at an exclusive reception hosted by Prime Minister Stephen Harper and Gov. Gen. David Johnston in Ottawa.

Kelly joins RRC

Longtime Shaw TV personality Joanne Kelly will be leaving the community-access channel later this month after accepting a new position as a journalism instructor with Red River College's industry-renowned Creative Communications (CreComm) program.

Kelly has served as host and producer at Shaw TV and was previously a producer at CTV stations in Winnipeg and Vancouver.

Classes for the two-year CreComm diploma program begin in September and will be held at the Exchange District campus. The program, which includes a six-week work placement and has a joint degree option with the University of Winnipeg, has four majors: Advertising; broadcast production; journalism; and public relations. Due to high demand, the program is open to Manitoba residents only. For more information, visit rrc.ca.

New faculty at UWinnipeg

The University of Winnipeg is establishing a Faculty of Kinesiology as part of its plan to enhance its athletics and academic strategy. The faculty will officially open July 1, 2012, with David Fitzpatrick as acting dean.

The Faculty of Kinesiology is another outcome of the president's task force on athletics and academics, which was released in 2009 and chaired by Fitzpatrick.

It will deepen UWinnipeg's specialization in this emerging field of study, including the areas of athletic therapy, sport pedagogy, coaching education, inner-city youth sport development and healthy living, wellness and nutrition awareness.

For more information, visit uwinnipeg.ca.

JANE DOUCET

JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

RRC introduces girls to trades

Staff and instructors at Red River College helped expose young women to an array of trades- and technology-related career options this summer by hosting the Girls Exploring Trades & Technology (GETT@RRC) Camps over three weekends in July.

With a focus on technology and applied skills, the GETT@RRC camps provide girls 12-14 with a chance to explore non-traditional career options via hands-on activities and encounters with female mentors.

The camps reinforce the importance of pursuing science, advanced math and industrial arts courses in high school by stressing the impact these subjects can have on future career choices.

"During the five-day GETT camps, the instructor and assistants emphasize to the girls the importance of continuing with math and science courses because many occupations, particularly technical ones, require a solid grounding in these subjects," says Dr. Dale Watts, dean of the School of Construction and Engineering Technologies.

Critical issues tackled

Graduate students at the University of Manitoba are making a name for themselves by tackling some critical issues with the financial support of Canada's top research award.

Craig Milligan and Nicole Lovat are among the trail-blazing recipients of this year's Vanier Canada Graduate Scholarships (CGS). Both Milligan and Lovat had their nominations reviewed by multi-disciplinary peer-review committees and a board of Canadian and international experts.

They were chosen based on their exceptional leadership skills and high scholarly achievement, both students boasting a GPA of more than 4.0 in their undergraduate and graduate studies.

Among numerous distinctions and awards, Milligan has won a gold medal in civil engineering while Lovat has a patent on file.

WTC student earns gold

Jeremy Einarson, an industrial mechanic/millwright student at Winnipeg Technical College (WTC), earned a gold medal at the 17th annual Canadian Skills Competition earlier this summer in Quebec City. Adding to the medal count was WTC production art student Zakaria Bouhaddou, who earned a bronze medal in the printing post-secondary category.

Other WTC students competing in the Canadian Skills Competition were: Heather-Lee Ferrier, IT Network, post-secondary; Jasmine Meadows-Birch, hairstyling, post-secondary; and Meagan Robinson, electrical installation, post-secondary.

Chantal Simard, dean, WTC's Henlow Campus, said all five WTC students performed with outstanding skill and enthusiasm in the pressure-filled national competition. Team Manitoba led the nation with a record 13 gold medals, with Manitoba students also earning five silver and six bronze medals. METRO

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THE CANADIAN PRESS H/O

Parmesan Pie Fries

Ingredients:

- 1 frozen deep-dish pie shell
- 1 ml (1/4 tsp) garlic powder
- 50 ml (1/4 cup) grated Parmesan cheese
- 15 ml (1 tbsp) chopped parsley
- 15 ml (1 tbsp) olive oil

Preparation:

1. Preheat oven to 200 C (400 F). Remove pie shell from freezer and let thaw at room temperature 10 minutes.
2. In a small bowl, combine garlic powder, Parmesan and parsley; set aside.
3. Remove pie shell from foil onto a clean, flat, lightly floured work surface. If cracks appear in pastry, press together and repair using fingers moistened with water.
4. Cut out strips that are about 1 by 7.5 cm (1/2 to 3 inches) wide using a fluted pastry cutter and gently place on a parchment-lined baking sheet.
5. Brush lightly with oil and sprinkle with Parmesan mixture. Bake in preheated oven for 12 to 15 minute or until pastry is golden.

THE CANADIAN PRESS/ TENDERFLAKE

A meat lover's paradise

Lovey's BBQ offers up meat slathered in sweet barbecue sauce Choices include pulled pork, beef brisket, smoked sausage, wings, chicken and fixings

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

PAY CHEN

Barbecue chicken and pulled pork combo.

Just the other day, I was told about all the hidden calories in barbecue sauce. Unhappy with this news, I decided to seek out sauce-slathered meat and savour each calorie. Lovey's BBQ doesn't disappoint on that front.

This is barbecue meat heaven. Smoked pulled pork, Texas beef brisket, ribs, smoked farmer's sausage, wings, chicken and all the sides. There's even a barbecue poutine on the menu.

If you can't choose just one item, pick two with the combo platter ($16.95).

Choose two meats and you'll get beans, creamy coleslaw, a piece of cornbread and fries or potato salad.

My pulled pork and barbecue chicken come slathered in the sweet barbecue sauce. There's so much sauce that each bite starts to taste the same — though it still tastes good.

Place your order at the counter and grab a few of the Wet-Naps available to you before you sit down. You might need them.

Lovey's BBQ
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233-7427
LoveysBBQ.ca
Social lunch: Yes
Client negotiations: No
Price range: $3.25 - $16.95
Rating: 3.5 out of 5

PLEASE TREAT MOTHERS EQUALLY

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Hi Mr. Butler:
I've never been a fan of my boyfriends' mothers ... bad luck maybe? I've been seeing someone new for two months now and I'm wondering how long I can avoid meeting his mother. Please say a year or longer!!!
Daddy's Girl

Dear Daddy's Girl,

When I first read your question, I thought that you need to toughen up and go meet your boyfriend's mother soon or else your new man may take offence and you run the risk of losing him. Upon further reflection, however, the answer became clearer to me.

You should meet his mother within a month or so of him meeting yours! It's always prudent to treat mothers equally. Please give your boyfriend's mother a chance; she just may turn out to be the fabulous mother in-law of your future! Ask your new boyfriend to share with you a little about his mother and her interests.

Perhaps this will allow you to find a topic of interest ahead of time so that both of you will begin your relationship on the perfect foot and you can actually enjoy each other's company!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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‘Budget’ doesn’t need to be a terrifying word

Mention the word “budget” to some people and you’ll likely be met with cringes and winces, the kind usually seen from dentists’ chairs.

It’s not very surprising because the perception about making a budget is that it requires us to think carefully about how and where we spend our money.

And most of the time we have no idea.

While it takes discipline to plan and implement a good budget, it doesn’t have to be rocket science.

We asked Jean-Rémy Deschênes, business coordinator in the Wealth Management department at Desjardins Group, for advice on how to create an effective plan.

ISTOCK

▶ Want more money? Stick to a plan.

How to get back on track with your money

It’s important to remember that the initial process of setting up your budget will require a bit of effort, but it’s worth it in the long run.

Keep it simple: Your budget should be straightforward and flexible so it can be easily modified if your income or expenses change.

Set your financial objectives: Your objectives should be realistic, measurable and time-bound. This will help you stick to your budget and to reach your financial goals and projects.

Be realistic and specific about your spending: Go through your credit union, bank or financial institution account statements to identify your spending patterns.

Each expense item will have its own line in your budget, for example housing, groceries, utilities, transportation, investments, retirement savings, entertainment, clothing, etc.

Identify and itemize your bills. Keep in mind that they may not all be monthly expenses, for example insurance premiums come only once a year, so make sure to break them down into monthly amounts.

Try to avoid guessing the amounts that you spend for each budget line. Be honest with yourself and aim to be as exact as possible.

Stay organized: Save all of your receipts and track them against your budget.

Be prepared: Allow for unplanned expenses like emergencies, occasional expenses like holidays, birthdays and other unforeseeables.

To learn more about creating and sticking to a budget, speak to the manager of your credit union, bank or financial advisor.

NEWS CANADA

Budgeting blues

Some of the key reasons budgets don’t work is because the person:

- lacks a clear understanding of their actual financial situation
- is unaware of their actual day-to-day expenditures
- hasn’t defined their financial needs, interests, objectives and goals
- has gotten carried away by debt and has allowed their savings to lag

EDITOR’S NOTE:
Alison Griffiths will be back next week with her On Money column.

MARKET MADNESS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Feel like you’re on a roller coaster with your investments? I definitely did last week when the market plunged due to massive economic uncertainty. Investors are feeling uneasy as whispers of “double dip recession” float through the media stirring up anxious conversation.

I certainly don’t want do downplay last week’s market losses, but frankly it’s unwise to get all hyped up and cash out your portfolio.

That action is counter to the most fundamental investment principle of all time: buy low and sell high.

Stats show that emotional investors, those who hop from investment to investment, return less than four per cent on their portfolios in the long run. Those who take a long-term view on the market and stay invested in quality stocks return upwards of 12 per cent.

Sure, it’s natural to get upset when your net worth plummets 20 per cent in a week, but rest assured, economic and stock market cycles (expansion, peaking, retraction and the trough-bottom of the barrel) have occurred many times in the past and people survived.

Why not take advantage of the market volatility and, with the advice of a financial advisor, consider buying investments that have been badly ‘beaten down’.

Then, follow in the footsteps of Warren Buffet, and hold on to good stocks for the long term allowing for appreciation and dividends.

My go-to websites when considering any stock purchase are globeinvestor.com and ca.finance.yahoo.com.

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can’t get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small’s Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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metro

4 sports

Upsets as Rogers Cup opens

Qualifiers Galina Voskoboeva, Simona Halep knock off No. 9 and 12 seeds in Toronto

Galina Voskoboeva started a trend of upsets on the first day of the women's main draw at the Rogers Cup.

The qualifier from Kazakhstan eliminated No. 9 seed Marion Bartoli of France 6-3, 6-3 in first-round action yesterday just hours before 19-year-old Romanian Simona Halep rallied to take out 12th-seeded Svetlana Kuznetsova of Russia 4-6, 6-4, 6-3.

Kuznetsova made 50 unforced errors to lose control of the match and send Halep to the second round in the young qualifier's Rogers Cup debut.

The 55th-ranked Halep, who advanced to the main draw after defeating Toronto's Sharon Fichman in final-round qualifying Sunday, rebounded after dropping the opening set to stun the 15th-ranked Kuznetsova.

The 26-year-old Voskoboeva is ranked 135th in the world and came into the match fresh off a semifinals appearance at the inaugural Baku Cup in Azerbaijan. Her career-best ranking was No. 64 in February 2009.

Bartoli, meanwhile, struggled with her serve, giving away four double-fault points, while Voskoboeva capitalized on her opportunities by winning four of her six break points.

"It was a day when nothing was working," Bartoli said. "I tried my hardest but I committed so many mistakes it was hard to win. I was not feeling the ball and my legs were not moving. I was late on everything and committing a lot mistakes, especially on my backhand."

Bartoli was making her eighth visit to the Rogers Cup and first since a similar first-round defeat in 2009 when she lost as the 13th seed to Ukraine's Alona Bondarenko.

"Something is not going well for me here in Toronto," Bartoli said. "I don't know if it is the surface or the humidity or something, but it's been a two-year gap and it's the same kind of match."

Voskoboeva said going up against a top-10 seed didn't intimidate her.

"I'm pretty confident right now," she said. "I was not that nervous, you know, against who I was playing, so I just knew that I can play good and that's it."

Defending champion Caroline Wozniaki, who starts her title defence in the second round, noted the field is wide open in women's tennis these days, with a new face winning each of this year's Grand Slams so far. That means even superstars like her need to be on their best in the early rounds.

"I think there's a lot of good players out there and depending on the day you can win against anyone," said the top-seeded Dane. "It's about being consistent and thinking positive out there on the court and doing your best."

Third-seed Vera Zvonareva said the lack of a dominant player in the women's game right now means each event is impossible to predict.

"It's a very tough challenge right now as women's tennis is at a very high level and you can't have any predictions," Zvonareva said. "Anyone can win and it's very tough competition."

THE CANADIAN PRESS

▶ Galina Voskoboeva plays a shot during her 6-3, 6-3 win over Marion Bartoli yesterday.

Marino out

Rebecca Marino bowed out against Ekaterina Makarova in a tight battle.

The 20-year-old from Vancouver was defeated 7-6 (8), 6-4, by the Russian, leaving only three Canadians remaining in the singles draw.

Quoted

"I'm optimistic that we will have a season this year. Very optimistic."

LEBRON JAMES. IN AN INTERVIEW WITH THE ASSOCIATED PRESS, THE MIAMI HEAT FORWARD SAID HE IS NOT CONSIDERING OFFERS TO PLAY INTERNATIONALLY DURING THE NBA LOCKOUT – WITH ONE CATCH. HE'S COMMITTED TO THE 2012 OLYMPICS AND TRYING TO HELP THE UNITED STATES DEFEND THE GOLD MEDAL IT WON AT THE BEIJING GAMES.

Scan code for more sports news.

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Erik Chvojka returns the ball to Alexander Dolgopolov.

Canadian underdog gives No. 21 a scare

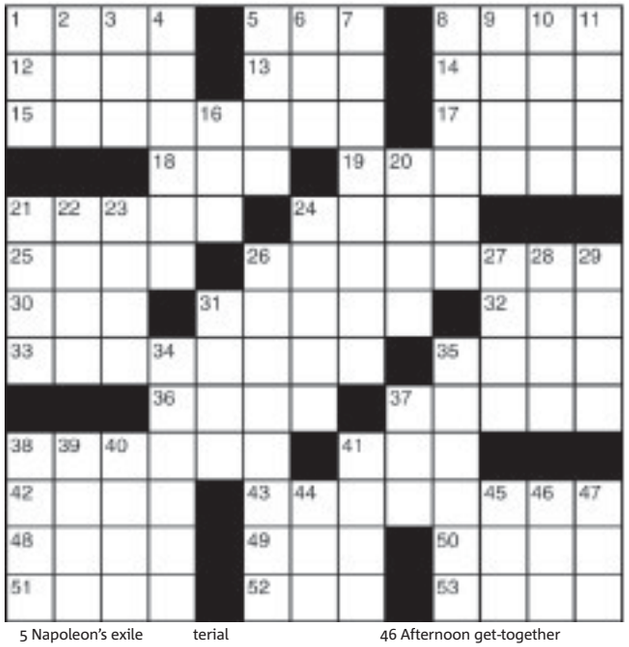
He ranks 290th in the world, trains without a coach and had never before played in an ATP World Tour event.

But that didn't stop Canadian tennis player Erik Chvojka from delivering a scare yesterday to No. 21-ranked Alexandr Dolgopolov — a feat that thrilled a boisterous pro-Canuck crowd at the Rogers Cup in Montreal.

Chvojka, a 24-year-old from the Montreal suburb of Kirkland, battled hard against Dolgopolov's slicing backhands, before falling 6-3, 5-7, 6-4 at Uniprix Stadium.

"It was a beautiful day for me today," said Chvojka, who, as a kid, often watched his tennis idols play live at the Montreal event. THE CANADIAN PRESS

Crossword



Across

1 Pro foe
5 Recede
8 Porridge-making Bear
12 Appear ominously
13 Zodiac cat
14 Couple, to gossipers
15 In all likelihood
17 Optimistic
18 Ms. Lupino
19 — tunnel syndrome
21 Diving bird related to the loon
24 Crazy
25 Exceptional
26 Pajama cover-up
30 Blackbird
31 Crazy
32 Started
33 Germs
35 Ran (from)
36 Gem used in cameos
37 Cecil's pal, on old TV
38 Hole-boring tool
41 Raw mineral
42 Exam format
43 Gymnasts
48 Toy on a string
49 Drag along
50 Stead
51 Soon, in verse
52 Lock opener
53 Verve

Down

1 Matterhorn, e.g.
2 Neither mate
3 Overly
4 Drink
5 Napoleon's exile
isle
6 — canto
7 Refuses to do business with
8 Looking glass
9 On
10 Small plateau
11 — nitrate
16 Citric drink
20 Sore
21 Metric measure
22 Hindu princess
23 Attorney General Holder
24 Surgical glove material
26 Cooing, maybe
27 — podrida
28 Existed
29 Vortex
31 Skeleton component
34 Deodorant type
35 Weak
37 Sis' counterpart
38 Painter Francisco
39 Pressing need?
40 BLT spread
41 Mass revelry
44 Pool stick
45 Have a bug
46 Afternoon get-together
47 Major star

▶ Yesterday's answer

Sudoku

		1				8		
	3	9	7		2	4	5	
6	4						2	3
			6	1	4			
				5				
			3	9	8			
7	1						8	6
	6	8	4		1	7	9	
		5				2		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	4	1	2	3	7	8	5	9
5	7	2	9	1	8	3	6	4
9	8	3	5	6	4	2	7	1
2	6	4	1	7	5	9	3	8
3	9	8	4	2	6	7	1	5
7	1	5	3	8	9	6	4	2
4	3	6	8	9	1	5	2	7
1	2	9	7	5	3	4	8	6
8	5	7	6	4	2	1	9	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Everything
There are more than a trillion blades of grass and I only LOVE ONE!!! I LOVE you more EVERYDAY!!!!
FROM BLADE OF GRASS

Brim
Like someone told me, I cant wait to see where this house takes us next! Love you B
FROM J SHOOK

Roomie down the Hall 3 Germorda is coming to an end and I never would have guessed I would walk away with so much! No matter how far or in which country we end up next, we will always have 63 and you will always have me. Love you B
FROM ROOMMATE RULE BREAKER

A look at the weather

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

TODAY	WEDNESDAY	THURSDAY
Min 14° Max 21°	Min 16° Max 28°	Min 17° Max 28°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be enthralled by a radical idea, but you must not to act on it immediately.

♉ Taurus April 21-May 21 There is no point making a big issue of something that is really quite trivial.

♊ Gemini May 22-June 21 Aim to do something truly special today.

♋ Cancer June 22-July 22 If you start something new in the short-term it will bring you fame and fortune in the long-term.

♌ Leo July 23-Aug.23 Get out and about and meet new people today.

♍ Virgo Aug. 24- Sept. 22 You don't usually compare yourself to other people, so why start now?

♎ Libra Sept. 23-Oct. 23 The world is full of possibilities, so don't let negative thinking hold you back from experiencing and enjoying what life has to offer.

♏ Scorpio Oct. 24-Nov. 22 Any bad feelings you may be having about something you've said or done must be overcome.

♐ Sagittarius Nov. 23-Dec. 21 Under no circumstances should you back down or tone down your opinions.

♑ Capricorn Dec. 22-Jan. 20 If someone you work with demands that you conform "or else" today tell them to go jump.

♒ Aquarius Jan. 21-Feb. 18 Some people think you are bad. Others think you are mad. Actually you are neither. Be yourself, always.

♓ Pisces Feb. 19-March 20. You need to get tough with yourself about your financial situation.

SALLY BROMPTON

Caption contest

PAUL CHIASSON/THE CANADIAN PRESS

JOHN W. ADKISSON/ORANGE COUNTY REGISTER

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Lease rates 48 mos., as low as 2.9%**
Payment/mo. for 48 months $229*
SUBARU
Frontier Subaru
2537 Pembina Hwy 944-6604

THE 2011 IMPREZA

Would you like your bonus super-sized?

2011 Impreza 2.5i

TOP SAFETY PICK 2011 The only manufacturer with 2011 IIHS Top Safety Picks for all models.▲

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City 10.8/Hwy 7.4 (L/100 km)#

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Lease offer valid on new 2011 Impreza 2.5i 5MT 4-Door (BF1 BP) models. MSRP of $20,995. Payment of *$229.09/mo. based on a 24,000 kilometre per year lease with excess charge of $0.10/km. **2.9% lease rate for a 48 mo. term with $3,450.00 down. Total lease obligation is $10,996.32. The residual value at the end of term is $9,867.65. Freight & PDI ($1,525), documentation fees ($395), and Air and Tire Tax ($122.50), are included in payment. Lease security deposit & PPSA included. License, insurance, registration & taxes, extra. Financing and leasing programs available through Toyota Credit Canada Inc. on approved credit. †$1,000 August Bonus Accessories offer applies only to lease, finance, or cash purchases for select new 2011 Impreza models: BG1 BP, BG2 BP, BG1 CP, BG2 CP, BG1 SP, BG2 SP, BF1 BP, BF2 BP, BF1 CP, BF2 CP, BF1 SP, BF2 SP. Dealers may sell for less. Dealer order/trade may be necessary. */**/†Offers valid until August 31, 2011. See your local Subaru dealer or www.western.subarudealer.ca for complete details. ▲Ratings of "Good" are the highest rating awarded for 40-mph frontal offset, 31-mph side-impact and 20-mph rear-impact crash tests conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). A "Good" rating obtained in all three crash tests plus a "Good" rating in new roof strength testing and the availability of Electronic Stability Control (ESC) (Vehicle Dynamics Control) achieves a 2011 Top Safety Pick. ♦Based on ALG's 2011 Residual Value Award for any mainstream brand. #Based on Natural Resources Canada's rating for a 2011 Impreza 2.5L MT. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load.